

Bulemia: taking diet to extremes

Student conceals eating disease

Story by Teresa Mariani
Photos by Tom Viskocil

Christina, a 20-year-old biology major, is slim, pretty and popular. She is tan and blonde, the kind of woman that men stop to watch as she walks by. The kind of woman other women wish they looked like.

Christina used to have a common diet secret. Until the beginning of the winter quarter, she was making herself throw up almost every morsel of food she put in her mouth. And she was putting in a lot.

"I'm better now than I was in high school," Christina (who didn't want her real name used). "Back then, everything that went in my mouth I threw back up."

After nearly eight years of obsessive eating and vomiting, she sought help at Cal Poly's Health Center after the Christmas break. Christina suffers from bulimia, sometimes called bulimarexia or the Binge-Purge Syndrome.

Statistics show that one out of five college women are bulimics. Those statistics hold true for Cal Poly, said mental health counselor and nurse Joan Cirone, who runs the Health Center group therapy sessions for bulimics.

Christina came to San Luis Obispo last fall. She lived in student housing, and her roommates could never understand how she could eat so much and stay so skinny.

"I thought she was throwing it all up



at first," said one. "But she was never in the bathroom and we could never hear her."

To hide her bulimia from her roommates, Christina would vomit into containers in her room and wait until everyone was asleep to empty the containers into the bathroom toilet.

She kept bags of donuts, cookies and fresh fruit on the top shelf of her closet and would eat food her roommates left in

the kitchen.

Unaware of her problems, Christina's roommates were frustrated when she ate their food and then denied it. The boyfriend of her roommates began to harass her about her eating. The stress from this only made her bingeing worse.

After noticing the containers full of vomit in Christina's closet one day, one of her roommates confronted Christina

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One out of five women struck Vomiting becomes habit

by Teresa Marani
Staff Writer

One in five college women will be bulimic at some point in their college lives. The percentage is the same for college-educated career women in their mid-20s and 30s, according to the Michael Reese Medical Center in Chicago.

Bulimia is an obsession with both eating and staying thin. Victims displace stress and depression with overeating, then vomit what they have binged on or overdosed on laxatives.

Most bulimics are unable to see themselves as anything but fat—a characteristic bulimia shares with its "sister" disease, anorexia nervosa.

Bulimia and anorexia are not the same disease. Classic anorexics are usually in their teens. They tend to turn away from food in times of stress. Bulimics are usually older, in their 20s and 30s. Bulimics turn to food as a means of coping with stress.

Bulimics are usually healthy in appearance and near normal in weight. "The interesting thing about bulimic women is that there's no way of identifying them by their physical appearance, as compared to anorexics. Anorexics are abnormally thin," said Joan Cirone, R.N. and mental health counselor at the Health Center.

"Anorexics are on the other end of the scale," Cirone explained. "The bulimic is out of control with her food and diet. The anorexic is very much in control. She denies she's hungry, she denies she has a problem."

Identifying a bulimic can sometimes be a problem,

because the disease includes a wide variety of symptoms and can be experienced in different degrees.

Cirone said the Health Center classifies patients as bulimics if:

1. Their eating is out of control
2. They are bingeing on large quantities of food regularly, and

They vomit after bingeing—sometimes misusing laxatives, diuretics, or amphetamines.

Bulimia can cause a number of very serious side effects. These include ulcers, hernias, severe gastric and dental problems, an electrolyte imbalance, and even a disturbance of the blood's chemical balance.

Doctors and therapists say they are treating an increasing number of bulimics. The incidence of bulimia is rising quickly among highly pressured working women.

Cirone said the mental health department at the Health Center noticed an increase in bulimic patients three years ago.

"We don't know if the increase was caused by something or just that it was being discussed more openly," Cirone said.

Clinical psychologist Kathleen Atkinson thinks increased publicity may be persuading more bulimics to seek treatment. Based on her private practice of treating patients with eating disorders, she thinks that bulimia is not limited to career and college women.

"I'm not sure it's not as common among the housewives with two little kids—those are the bulimics I get a lot of phone calls from," Atkinson said.

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Woman's food consumption becomes drastic

From page 1 and asked her what she was doing. She broke down and admitted to being a bulimic, which eased her tensions with her roommates. She has since moved, but not because her behavior was discovered, she says.

Sitting in her new room and toying with a small gold cross hanging around her neck, Christina tried to explain how easy it is to become a bulimic.

"At first you can have your cake and eat it too," she said with a dry smile. "Then you start to feel bad. It makes you weaker. It's a barrier. You shut out other people to keep them from realizing what you do."

"At first you really like it. It seems so easy and so natural. It's something you like—you do it as just another way to lose weight."

Christina's mother forced her into therapy when she was a senior in high school, but it wasn't until this quarter she decided she needed help again.

"I wasn't a full-fledged bulimic until high school," she said. "My high school in L.A. was like *Vogue* on campus. Girls would come to school dressed like models every day."

"I decided that I just wanted to be totally thin, no matter what it took. I started freshman year throwing up stuff—whenever I ate too much."

Christina's father is a doctor, and her family lives in a affluent suburb of Los Angeles. Her father has never acknowledged her bulimia, nor have her five brothers or her sister. Her mother knew about Christina's behavior, but let it go on for a year before facing up to it.

"I don't know when she knew. I'd go into the bathroom, and she'd hear me throw up. But she never said anything until about a year later."

Her mother took Christina in for a check-up when her weight dropped to 90 lbs. during her junior year.

"She took me to the doctor because I lost weight but I was eating a lot. I didn't want anyone to know—and I hated my mom for bothering me about it."

The doctor didn't ask Christina anything about her eating habits. He talked to Christina's mother separately.

"I told my mom after the visit, 'There, I went to the doctor: I proved to you nothing's wrong with me.'" Her mother confronted Christina after the visit and insisted she begin therapy.

It was a total threat. My life was awful; someone knew my deepest secret," Christina explained, leaning forward with a serious, painful expression on her face.

"I hated my mom for telling me that."

Christina was sent to a psychologist who was a friend of her mother. She said she was always afraid the psychologist would tell her mother anything she

"I'm only binging three or four times a week, which is really good, for me . . . I still do it, I'm not going to deny it. . . I do it when I'm by myself, when I have lots of homework, when I can't concentrate, when I feel overwhelmed."

confided.

"That lady didn't even know what bulimia was. She just told me to control my eating habits," she added. "I stopped going to her and I didn't tell my mom."

Christina began feeling more and more isolated. She was involved as a cheerleader in high school and also was a Key Club princess. She worked at a convalescent home on weekends teaching arts and crafts. But her eating was getting out of control.

"I was thinking, 'Nobody else did it. I'm the only one in the whole world who does this. No one even knows what this is—even the psychologist didn't know.'"

Christina's mother was hiding food from her. Unhappy and frustrated, Christina began buying and stealing food to support her "habit"—she'd gorge on food and then throw it up, only to start the process all over again.

"I remember staying at home when my parents would go away for the weekend to Palm Springs," she said, staring out a window.

"I'd go a whole day sitting in the kitchen eating something. I'd get full, go back, throw up, come back to the kitchen, eat, throw up, come back...." she faded off.

"By the end of the day, I would feel so weak, like I was ill, like I was really sick. My head would be spinning—I was so dizzy. I would have to go lie down and just stay in bed."

"My mom would hide things from me. I had to go buy food, and I couldn't support it. So I'd steal things. I'm not the kind of person who could do that now," she added quickly.

She went to work at a popular Los Angeles restaurant as a hostess and cashier. "I was stealing food. I was in charge of the money, and if someone would buy something, I just wouldn't ring it up and I'd go buy some food with the money."

She says she wasn't the only employee there stealing food and money to buy food.

"I'm not the kind of person who'd go into a store and shoplift something," she stressed. "But back then I'd go into a store and take candy out of the bin. None of the girls would steal things, but when it came to food they had to have it."

No one in her family was saying anything about the volume of food she was eating. "I was running every day—about 'our miles. I was in shape. Most people would look at me say and 'She looks healthy,'" Christina explained.

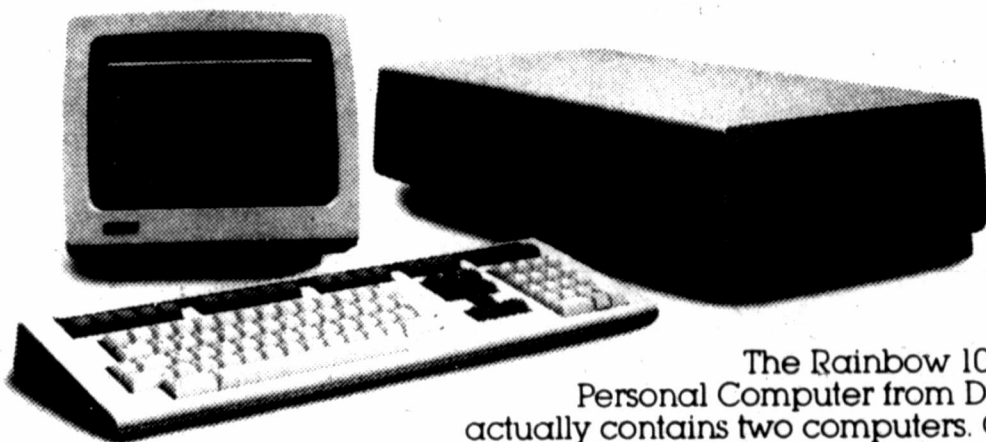
Her brothers began to leave notes on food in the refrigerator and cupboards. "They'd write 'Christina—Don't eat this'" she remembered. "It hurt, but it made me want to get better—the fact that they had to put my name on a note."

Please see page 3

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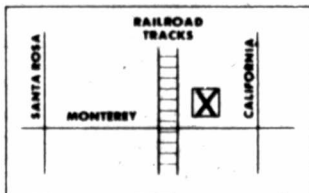
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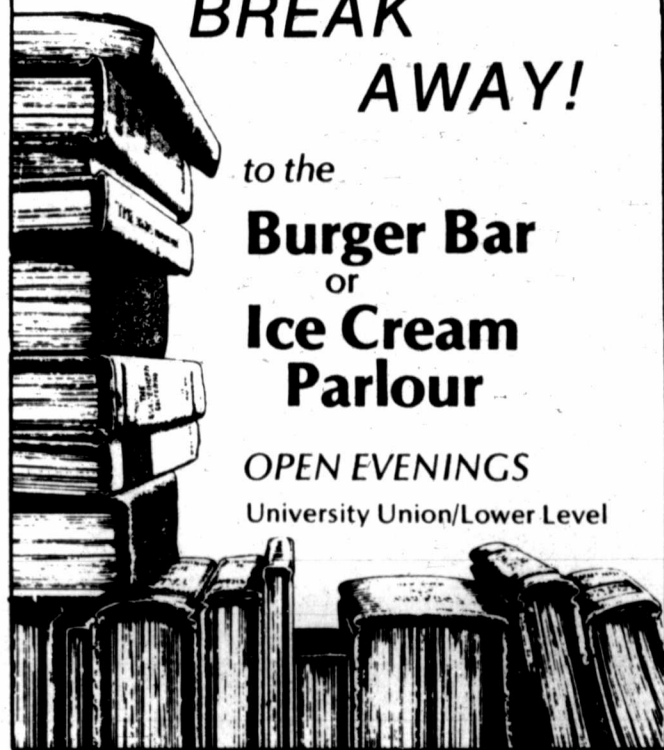
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Student seeks help after eight years of binging

From page 2

She was also getting scared. "It was frightening to think about 'What if I had this for the rest of my life?'" she said softly, leaning forward, eyes wide. "I couldn't study. I couldn't sleep. I thought 'If this continues forever, I'm going to kill myself.'"

She broke down and asked her mother for help, then got into group therapy. She and her mother began attending lectures on bulimia—which was by then being recognized and publicized. Christina started collecting magazine articles and books on bulimia—she has an overstuffed file of photocopied ar-

ticles in her room and still adds to it.

She was doing better until she moved away to attend a Catholic University in Southern California for her freshman year. She hated being there, became depressed and lonely, and began binging and gorging all over again.

Christina moved home and spent a semester at a community college before deciding she was ready to come to San Luis Obispo. "I thought coming here would be a cure," she said.

Her roommate situation during the fall quarter made her bulimia worse, but she says her new housing has helped her.

"I'm only binging three or four times a week, which is really good, for me," she said.

"I still do it, I'm not going to deny it," she continued, looking out at the sky again.

"I do it when I'm by myself, when I

have lots of homework, when I can't concentrate, when I feel overwhelmed."

But she can also keep most of the food she eats in her stomach now. She is changing the food she eats. "If I eat a gallon of ice cream or a bag of cookies, I feel gross. It's like garbage in me. But if I eat a bag of apples or celery, I feel like it's healthy stuff inside of me."

She has also turned to religion to help her find a way to stop her eating. "I don't try to push God or Jesus on anybody," she said. "But when I feel like I'm weak, I turn to my Bible."

She has also made some very close friends, friends she can talk to about everything—except her bulimia. "It's not that I'm afraid they won't accept me. I'm just afraid it will affect my friendship," she explained quietly, playing with the cross around her neck again.

"Maybe someday I'll tell them."

Women handle depression by overeating and purging

From page 1

The Michael Reese Medical Center profiled the typical bulimic as a white, upper-middle-class female in her mid 20s; she is a career woman with some college experience who began binging and purging when she was 18.

The Reese Center says most bulimics lack assertive qualities and come from large families which place emphasis on slimness and achievement.

Atkinson said no generalities are possible in characterizing bulimics. "The only one common denominator is that they're hurting emotionally," she said.

Cirone said bulimics usually place other people's feelings before their own. "They lack assertiveness. They're unable to say, 'Hey, you're ticking me off.' They just swallow their feelings," she explained.

"A bulimic feels, 'I'm a terrible person. I'm the only one who's doing this.' The more they get down on themselves, the more they binge," Cirone said.

Society's spotlight on the sleek, trim figure as the ideal for women also is a contributing factor in bulimia.

"The one concrete thing we get hit in the face with every day is to stay thin," Atkinson said. "It's the one thing a woman can hook onto to show her competence."

There are a number of local programs specifically designed to treat bulimics. The Health Center runs a bulimia group, and students can also meet individually with Cirone or counselor David Cain. Both can be reached at 546-2511.

Atkinson also runs a group therapy program in addition to individual counseling. The cost is \$25 per group session, but Atkinson stressed that most insurance plans should cover the cost of treatment. Atkinson's office number is 541-6677.

Students wanting more information on bulimia or anorexia can write to ANRED (Anorexia Nervosa And Related Eating Disorders, Inc.) at P.O. Box 5102, Eugene, Oregon 97405. The organization is run by Dr. Jean Rubel, until August a resident of Grover City. ANRED publishes a monthly newsletter aimed at informing victims of eating disorders and providing support.

Poly horse breeders honored

Cal Poly has been named one of the top ten Thoroughbred breeders in California by the magazine *The Thoroughbred of California*, following completion of the Fall 1982 racing season.

The Cal Poly Thoroughbred Horse Enterprise Project received award money of \$2,860 for being the breeder of horses finishing first, second, or third in California races during the season. The cash awards, established by 1980 Assembly legislation, are based on an amount equal to 10 percent of purse earnings.

Top breeder, according to the magazine tabulation, was Bill Pease with \$14,375, followed by Ray Stark with \$11,000. Cal Poly placed tenth, making the

list for the first time since it was established in 1980.

"The presentation of these award monies is a tribute to Roger Hunt (university horse specialist) and the students," said Richard Johnson, head of Cal Poly's Animal and Veterinary Science Department.

"It reflects their ability and dedication in preparing horses in such a manner that their new owners can campaign them successfully," Johnson added.

The thoroughbred project was established in 1941 in cooperation with

the California Thoroughbred Breeders Association.

Each year about eight students are selected for an eight-month program to prepare young Thoroughbreds for the Hollywood Park Two-Year-Old-in-Training Sale.

About 90 percent of the Cal Poly horses sold at Hollywood Park have raced, and 77 percent have won at least one race, topped by Poly Host, who won four races as a two-year-old and has career earnings of \$140,000.

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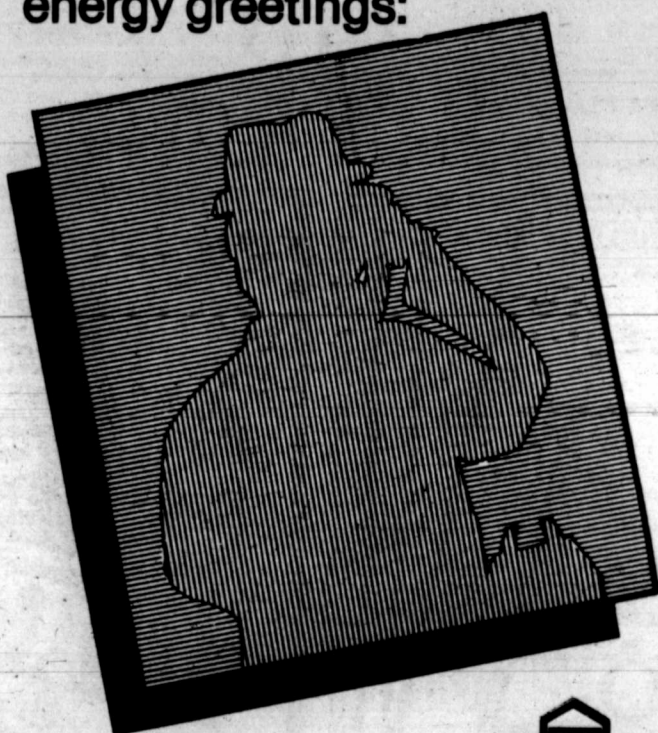
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CLASSIFIED ADS

can be placed in the drop boxes available at the UU Information desk, or the Mustang Daily office (GA 226).

WEEKDAYS 3/7/83-3/13/83

MORNING

- 5:00 (1) Family Portrait
(G/20) ESPN SportsCenter
5:30 (1) A Study in the Word
(H/21) Movie
5:45 (1) Weather
6:00 (1) 2 With You
(1) (1) Morning Stretch
(1) (1) Romper Room
(1) Villa Alegre
(1) ABC News This Morning
(1) (1) [G/20] Varied Programs
(1) Daywatch
(1) CNN News
(1) CBS Early Morning News
(1) All-Day Movies
(F/19) Calloope Children's Programs
6:30 (1) (1) CBS Early Morning News
(1) (1) Jimmy Swaggart
(1) (1) CNN Headline News
(1) Gallery
(1) MacNeil-Lehrer Report
(1) Varied Programs
(1) Bugs Bunny/Porky Pig
(1) Mighty Mouse
7:00 (1) (1) CBS Morning News
(1) (1) Good Morning America
(1) (1) Today
(H/21) 700 Club
(1) Business Report
(1) Frooties
(1) Woody Woodpecker
(1) Pink Panther Show
(F/19) Sonya
(G/20) ESPN SportsCenter
7:30 (1) Yoga For Health
(1) There Is A Way
(1) Scooby Doo
8:00 (1) Mr. Rogers' Neighborhood
(1) Jim Bakker
(1) Flintstones
(1) Cartoon Carnival
(F/19) Woman's Day USA
(G/20) Varied Programs
8:30 (1) Leave It to Beaver
(1) Electric Company
(1) Muppet Show
(1) Heckle and Jeckle/
Popeye Hour
(F/19) Coronation Street
(H/21) Another Life
9:00 (1) (1) New \$25,000 Pyramid
(1) (1) Morning Show
(1) Donahue
(1) Richard Simmons
(1) A. M. Los Angeles
(1) Sesame Street
(1) Best of Groucho
(1) Take 2
(1) Six Million Dollar Man
(1) Great Space Coaster
(F/19) USA Movie
(H/21) Movie
9:30 (1) Child's Play
(1) (1) Richard Simmons
(1) Rifleman
(1) Midmorning
(1) (1) On the Coast
(1) Bewitched

Station Guide

ROCKY	Los Angeles, CA	0000000000	
KEYT	San Bernardino, CA	0000000000	
KEYB	San Luis Obispo, CA	0000000000	
KTLA	Los Angeles, CA	0000000000	
KABC	Los Angeles, CA	0000000000	
KGET	Los Angeles, CA	0000000000	
KHU	Los Angeles, CA	0000000000	
CNN	Cable News Netw	0000000000	
KTIV	Los Angeles, CA	0000000000	
KCOY	San Jose, CA	0000000000	00
KOOP	Los Angeles, CA	0000000000	
DAYTIME	DAYTIME		
CINEMAX	Cinemax		
USA	USA Network		00/17
ESPN	Sports Network		02
CNN	Cable News Netw		00/10
HBO	Homo Box Office		00/01

TUESDAY CONT.

at Philadelphia
[H/21] Married Joan
10:15 American Challenge
[I] Not Necessarily The News
10:30 World News
[H/21] My Little Margie
11:00 News
[I] Saturday Night
[I] Billy Graham Crusade
[I] Sports Update
[I] Jeffersons
[I] Harry O
[H/21] Bachelor Father
[I] MOVIE: 'I Ought To Be In Pictures'
11:15 Business Report
11:30 [I] Quincy
[I] Nightline
[I] Tonight Show
[I] Crossfire
[I] MOVIE: 'The Man Inside'
[I] MOVIE: 'Death Wish II'
[H/21] Life of Riley
11:45 Personal Finance
12:00 [I] Last Word
[I] Entertainment Tonight
[I] In Search of...
[I] Prime News
[I] Love American Style
[G/20] ESPN SportsCenter
[H/21] 700 Club
12:15 Sign Off
12:30 [I] Late Night with David Letterman
[I] Couples
[I] You Asked For It
[I] MOVIE: 'McMillan & Wife: Greed'
[I] Love American Style
12:45 MOVIE: 'McMillan & Wife: Greed'
[I] MOVIE: 'Nighthawks'

WEDNESDAY

3/9/83

EVENING

6:00 [I] News
[I] ABC News
[I] Charlie's Angels
[I] Speaking of Love: Leo Buscaglia
[I] Eight Is Enough
[I] Three's Company
[I] Hawaii Five-O
[H/21] 700 Club
6:30 [I] News
[I] NBC News
[I] Alice
[I] CBS News
[I] CBS News
7:00 [I] News
[I] Three's Company
[I] Entertainment Tonight
[I] Happy Days Again
[I] ABC News
[I] Business Report
[I] Soap
[I] Freeman Reports
[I] WKRP in Cincinnati
[I] Joker's Wild
[F/19] Sports Probe
[G/20] 2nd Annual Legendary Pocket Billiard Stars
7:30 [I] 2 on the Town
[I] Barney Miller
[I] You Asked For It
[I] Laverne & Shirley & Co.
[I] Eye on L.A.
[I] MacNeil-Lehrer Report
[I] Madame's Place
[I] WKRP in Cincinnati
[I] M*A*S*H
[I] Tic Tac Dough
[I] Screening Room
[F/19] NBA Basketball: San Diego at Los Angeles
[H/21] Star Time
[I] Brain Games
8:00 [I] Seven Brides for Seven Brothers
[I] High Performance
[I] Real People
[I] MOVIE: 'Santee'
[I] National Geographic Special
[I] MOVIE: 'Diamonds'
[I] Sports Tonight
[I] PM Magazine
[I] Billy Graham Crusade
[I] MOVIE: 'Man on a Swing'
[I] MOVIE: 'The Jericho Mile'
[G/20] ESPN SportsCenter
[I] MOVIE: 'Quest for Fire'
[I] Crossfire
[I] Lie Detector
[H/21] Another Life
9:00 [I] MOVIE: 'Svengali'
[I] Fall Guy
[I] Facts of Life
[I] Clarence Darrow, Starring Henry Fonda
[I] News
[I] M*A*S*H
[G/20] NCAA Basketball: Northwestern at Michigan State
[H/21] Burns & Allen
9:30 [I] Family Ties
[I] Moneyline Update
[I] M*A*S*H
[H/21] Jack Benny Show
10:00 [I] Dynasty
[I] Quincy
[I] News
[I] People Now With Bill Tush
[I] World News
[I] MOVIE: 'Red Badge of Courage'
[F/19] Hot Spots
[H/21] Married Joan
[I] George Jones: With a Little From His Friends
10:30 [I] World News
[H/21] My Little Margie
11:00 [I] News
[I] Saturday Night
[I] Business Report
[I] Billy Graham Crusade
[I] Sports Update
[I] Jeffersons
[I] Harry O
[F/19] Sports Look
[G/20] ESPN SportsCenter
[H/21] Bachelor Father
11:30 [I] Hart to Hart
[I] Nightline
[I] Tonight Show
[I] Sign Off
[I] Crossfire
[I] MOVIE: 'Made for Each Other'
[I] MOVIE: 'The Lady in Red'
[F/19] NCAA Basketball: Big East Tournament
[H/21] Life of Riley
[I] MOVIE: 'Charlotte of Fire'

12:00 [I] Last Word
[I] Entertainment Tonight
[I] MOVIE: 'To Be Announced'
[I] In Search of...
[I] Prime News
[I] Love American Style
[G/20] Boxing: Best of ESPN's Saturday Night at the Fights
[H/21] 700 Club
12:30 [I] Late Night with David Letterman
[I] Couples
[I] You Asked For It
[I] MOVIE: 'Firepower'
[I] Love American Style
12:45 MOVIE: 'Firepower'
1:00 [I] Sign Off
[I] MOVIE: 'Great Day in the Morning'
[I] MOVIE: 'They Ran for Their Lives'
[I] MOVIE: 'Hudson's Bay'
[I] Freeman Reports
[I] MOVIE: 'Dakota'
[I] MOVIE: 'Sayonara'

THURSDAY

3/10/83

EVENING

6:00 [I] News
[I] ABC News
[I] Little House on the Prairie
[I] Time to Live - Leo Buscaglia
[I] Eight Is Enough
[I] Three's Company
[I] Hawaii Five-O
[H/21] 700 Club
6:30 [I] News
[I] NBC News
[I] Alice
[I] CBS News
[I] CBS News
7:00 [I] News
[I] Three's Company
[I] Entertainment Tonight
[I] Happy Days Again
[I] ABC News
[I] Business Report
[I] Soap
[I] Freeman Reports
[I] WKRP in Cincinnati
[I] Joker's Wild
[I] 2 on the Town
[I] Barney Miller
[I] You Asked For It
[I] Laverne & Shirley & Co.
[I] Eye on L.A.
[I] MacNeil-Lehrer Report
[I] Madame's Place
[I] WKRP in Cincinnati
[I] M*A*S*H
[I] Tic Tac Dough
[H/21] Star Time
[I] HBO Magazine
8:00 [I] Megamix, P.I.
[I] Condo
[I] Fame
[I] MOVIE: 'The War Lord'
[I] Great Whodunit
[I] MOVIE: 'Caprice'
[I] Sports Tonight
[I] PM Magazine
[I] MOVIE: 'The Wilby Conspiracy'
[I] MOVIE: 'Diner'
[G/20] ESPN SportsCenter
[I] MOVIE: 'The Great Muppet Caper'
8:30 [I] Amanda's
[I] Crossfire
[I] Lie Detector
[F/19] NCAA Basketball: Big East Tournament
[H/21] Another Life
9:00 [I] Simon & Simon
[I] Too Close for Comfort
[I] Gimme A Break
[I] News
[I] M*A*S*H
[G/20] Tennis: 1983 Davis Cup Opening Round - USA vs. Argentina - Deciding Match
[H/21] Burns & Allen
9:30 [I] It Takes Two
[I] Cheers
[I] Mystery!
[I] Moneyline Update
[I] M*A*S*H
[H/21] Jack Benny Show
10:00 [I] Knots Landing
[I] 20/20
[I] Hill Street Blues
[I] News
[I] People Now With Bill Tush
[I] World News
[I] MOVIE: 'Death Wish II'
[H/21] Married Joan
[I] Rich Little's Robin Hood
10:30 [I] Sneak Previews
[I] World News
[H/21] My Little Margie
11:00 [I] News
[I] NCAA Basketball: Arizona at UCLA
[I] Business Report
[I] Billy Graham Crusade
[I] Sports Update
[I] Jeffersons
[I] Harry O
[H/21] Bachelor Father
[I] MOVIE: 'The High and the Mighty'
11:30 [I] Quincy
[I] Nightline
[I] Tonight Show
[I] Personal Finance
[I] Crossfire
[I] MOVIE: 'Buona Sera, Mrs. Campbell'
[I] MOVIE: 'Meatballs'
[G/20] ESPN SportsCenter
[H/21] Life of Riley
12:00 [I] Last Word
[I] Sign Off
[I] In Search of...
[I] Prime News
[I] MOVIE: 'Hornet's Nest'
[I] Love American Style
[H/21] 700 Club
12:30 [I] Late Night with David Letterman
[I] You Asked For It
[I] MOVIE: 'McCloud: A Cowboy in Paradise'
[I] Love American Style
[G/20] Top Rank Boxing from Las Vegas, NV
12:45 MOVIE: 'McCloud: A Cowboy in Paradise'
1:00 [I] Sign Off
[I] Entertainment Tonight
[I] MOVIE: 'Hammerhead'
[I] MOVIE: 'Eagles Attack at Dawn'

[I] Freeman Reports
[I] MOVIE: 'Terror in the Jungle'
[F/19] U.S. Pro Surfing Championships
[I] MOVIE: 'Cheaper to Keep Her'
[I] MOVIE: 'The Beast Within'

FRIDAY

3/11/83

EVENING

6:00 [I] News
[I] ABC News
[I] Charlie's Angels
[I] Jane Goodall & World of Animal Behav
[I] Eight Is Enough
[I] Three's Company
[I] Hawaii Five-O
[G/20] NCAA Basketball: 1983 ACC Tournament from Atlanta, GA - Quarterfinal #4
[H/21] 700 Club
[I] MOVIE: 'Kill and Kill Again'
[I] MOVIE: 'Barbarosa'
6:15 [I] News
6:30 [I] News
[I] NBC News
[I] Dick Cavett
[I] Alice
[I] CBS News
[I] CBS News
7:00 [I] News
[I] Three's Company
[I] Entertainment Tonight
[I] Happy Days Again
[I] ABC News
[I] Business Report
[I] Soap
[I] Freeman Reports
[I] WKRP in Cincinnati
[I] Joker's Wild
[I] 2 on the Town
[I] Barney Miller
[I] Rocco's Star
[I] Laverne & Shirley & Co.
[I] Eye on L.A.
[I] MacNeil-Lehrer Report
[I] Madame's Place
[I] WKRP in Cincinnati
[I] M*A*S*H
[I] Tic Tac Dough
[H/21] Star Time
8:00 [I] Dukes of Hazzard
[I] Benson
[I] Powers of Matthew Star
[I] MOVIE: 'The Naked Prey'
[I] Washington Week/Review
[I] Changing Family
[I] Sports Tonight
[I] P.M. Magazine
[I] MOVIE: 'The Fiction Makers'
[I] MOVIE: 'Whose Life Is It Anyway?'
[I] MOVIE: 'Shoot the Moon'
8:30 [I] At Ease
[I] Wall Street Week
[I] Crossfire
[I] Lie Detector
[F/19] Night Flight
[G/20] ESPN SportsCenter
[H/21] Another Life
9:00 [I] Dallas
[I] Renegades
[I] Knight Rider
[I] All-Time American Songbook
[I] News
[I] M*A*S*H
[G/20] NCAA Basketball: Big '8' Conference Tournament from Kansas City, MO - Best Semifinal
[H/21] Burns & Allen
9:30 [I] Eric Sevareid Chronicle
[I] America Screams
[I] M*A*S*H
[H/21] Jack Benny Show
10:00 [I] Falcon Crest
[I] Tales of the Gold Monkey
[I] Remington Steele
[I] News
[I] People Now With Bill Tush
[I] World News
[I] MOVIE: 'Rich and Famous'
[H/21] Married Joan
[I] MOVIE: 'Escape From New York'
10:30 [I] World News
[H/21] My Little Margie
11:00 [I] News
[I] Saturday Night
[I] In Search of...
[I] Sports Update
[I] Jeffersons
[I] Harry O
[G/20] ESPN SportsCenter
[H/21] Bachelor Father
11:30 [I] MOVIE: 'Black Sunday'
[I] Nightline
[I] Tonight Show
[I] You Asked For It
[I] Crossfire
[I] MOVIE: 'Dracula Vs. Frankenstein'
[H/21] Life of Riley
[I] MOVIE: 'Quest for Fire'
11:45 [I] Last Word
12:00 [I] Entertainment Tonight
[I] David Suskind
[I] Family Under Fire
[I] Prime News
[I] Love American Style
[G/20] NCAA Basketball: Big '8' Conference Tournament from Kansas City, MO - 2nd Best Semifinal
[H/21] 700 Club
12:15 [I] MOVIE: 'Southern Comfort'
12:30 [I] SCTV Network
[I] Couples
[I] Love American Style
[F/19] Night Flight
[H/21] Manna

SATURDAY

3/12/83

MORNING

5:00 [I] Rat Patrol
[I] News/Sports/Weather
[I] Movie Cont'd
[F/19] Scholastic Sports Acad.
[G/20] ESPN SportsCenter
[H/21] Contact
5:30 [I] Voice of Agriculture
[I] I Spy
[I] Big Story
[I] Speak Out
[F/19] Co-Ed
[H/21] Manna

6:00 [I] Captain Kangaroo
[I] CNN Headline News
[I] It Is Written
[I] Teen Talk
[I] News Update
[I] Good Day L.A.
[I] Saturday Morning Grapevine
[F/19] 'You! Mag. for Women
[G/20] NCAA Basketball: 1983 ACC Tournament from Atlanta, GA - Best Quarterfinal Game
[H/21] Lesson
[I] MOVIE: 'I Ought To Be in Pictures'
6:15 [I] Health Week
6:30 [I] New Zoo Revue
[I] Gigglesort Hotel
[I] Pacesetters
[I] Oceanus
[I] Understanding Human Behav.
[I] Money Week
[I] News
[I] MOVIE: 'Never So Few'
[F/19] Are You Anybody?
[H/21] Weekend Gardener
7:00 [I] Dusty's Treehouse
[I] Super Friends
[I] Flintstone Funnies
[I] Big Blue Marble
[I] Yoga For Health
[I] Davey/Goliath
[I] News Update
[I] Latin Tempo
[I] Popeye/Olive Comedy Show
[I] First Person
[F/19] MOVIE: 'Angel with a Trumpet'
[H/21] MOVIE: 'Luck of Ginger Coffey'
7:15 [I] Media Watch
7:30 [I] Kidsworld
[I] Pac Man/Little Rascals/Richie Rich
[I] Shirt Tales
[I] Dr. Snuggles
[I] West German National Election
[I] Davey/Goliath
[I] Style With Lisa Kienisch
[I] Twice a Woman
[I] Pandemonium
[I] MOVIE: 'Modern Problems'
8:00 [I] Meatballs & Spaghetti
[I] Smurfs
[I] MOVIE: 'Western Jamboree'
[I] Big Blue Marble
[I] Wild World of Animals
[I] News Update
[I] I Dream of Jeannie
[I] Saturday Morning Grapevine
[G/20] Future Sport
8:15 [I] Sports
8:30 [I] Bugs Bunny/Road Runner Show
[I] Matinee at the Bijou
[I] That Teen Show
[I] Sports Week
[I] Mission Impossible
[G/20] Ski School
[I] Scooby, Scrappy-Doo/ Puppy Hour
[I] Leave It to Beaver
[I] Teen Talk
[I] News/Sports/Weather
[I] Ernest Angley
[I] MOVIE: 'The Jericho Mile'
[F/19] MOVIE: 'Tales of Hoffman'
[G/20] F. A. Soccer: Road to Wembley
[H/21] Westerners
9:30 [I] The Dukes
[I] Gary Coleman Show
[I] Ozzie and Harriet
[I] Wrestling
[I] Big Story
[I] Six Million Dollar Man
[H/21] Wild Bill Hickcock
[I] MOVIE: 'Gallipoli'
10:00 [I] Bugs Bunny/Road Runner Show
[I] Mork & Mindy/Laverne & Shirley/Fonz Hour
[I] Incredible Hulk and Spiderman
[I] Sha Na Na
[I] This Old House
[I] News/Sports/Weather
[I] Show My People
[G/20] Women's Golf
[H/21] MOVIE: 'Bedlands of Montana'
10:30 [I] Sha Na Na
[I] B-2: gain Hunter
[I] MOVIE: 'Tale of Gold'
[I] Newsmakers
[I] Soul Train
[I] Love American Style
[G/20] NCAA Basketball: 1983 ACC Tournament from Atlanta, GA - Semifinal #1
[I] ABC Weekend Special
[I] The Jetsons
[I] America's Top Ten
[I] Kathy's Kitchen
[I] News Update
[I] MOVIE: 'Five Pennies'
[I] MOVIE: 'The Atomic Cafe'
[F/19] Scholastic Sports Acad.
11:15 [I] Health Week
11:30 [I] New Fat Albert Show
[I] American Bandstand
[I] This is USFL
[I] Grand Prix Allstars
[I] Lap Quilting
[I] Evans and Novak
[I] Gold Dust Gang
[F/19] Co-Ed
[H/21] Broken Arrow
[I] Brain Games
AFTERNOON
12:00 [I] NCAA Basketball Special
[I] NCAA Basketball: Pac 10 Wild Card Game
[I] Three Stooges
[I] Decorative Painting
[I] MOVIE: 'Gamers, Super Monster'
[I] News Update
[I] MOVIE: 'Challenge of the Master'
[F/19] Ovation
[H/21] MOVIE: 'Code of the Fearless'
[I] MOVIE: 'On Golden Pond'
12:15 [I] Week in Review
12:30 [I] Happy Days Again
[I] At the Movies

Women offered scholarship

A \$500 scholarship is being offered by the Atascadero Branch of the American Association of University Women. This scholarship will be awarded to a woman in need of financial assistance who will qualify for junior or higher standing in an accredited four-year college or university by September, 1983.

Applicants must be female graduates of Atascadero High School or female residents of the Atascadero Unified School District.

Final filing date is March 31, 1983. Applications may be obtained from the counseling office at Atascadero High school; Cuesta College Financial Aids Office; Cal Poly Financial Aids Office; or by calling Jean Stafford, 466-8880, evenings.

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MINI-CLASS INSTRUCTORS

Anyone interested in teaching a Mini-class Spring quarter should fill out a form in the Activities Planning Center. Forms can be gotten from Trudy starting Feb. 28. Classes will be assigned on a first come first serve basis so hurry quick!

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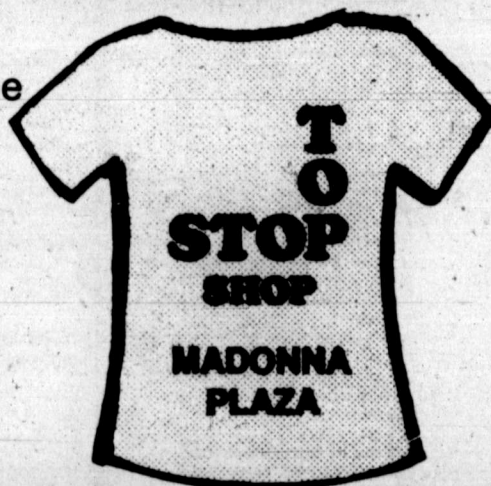
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SATURDAY CONT.

- 1:00
- Cross Country Ski School
 - Style With Elsa Klench
 - Screening Room
 - (G/20) NCAA Basketball: 1983 ACC Tournament from Atlanta, GA - Semifinal #2
 - (G/20) NCAA Basketball: Teams to be Announced
 - (3) MOVIE: 'The Monster Of Pteridactyls'
 - Monsters
 - MOVIE: 'Holocaust' Pt 4
 - Nova
 - News Update
 - (G/20) NCAA Basketball: PCAA Championship
 - MOVIE: 'Spencer's Mountain'

- 1:15
- (E) MOVIE: 'The Man Who Would Be King'
 - (H/21) Wyatt Earp
- 1:30
- Sports
 - F-Troop
 - Big Story
 - (H/21) Wagon Train
- 2:00
- (1) Bay Hill Classic
 - Gilligan's Island
 - USFL Magazine
 - Inside Business
 - Grizzly Adams
 - News/Sports/Weather
 - MOVIE: 'Red Skies of Montana'
 - (F/19) Time Out Theater
 - (I) MOVIE: 'I Ought To Be In Pictures'
- 2:30
- (3) Pacific Outdoors
 - Gilligan's Island
 - Sportsline
 - Freedom to Speak
 - Newsmakers
- 3:00
- (2) CBS Sports Saturday
 - (3) Sportsbeat
 - (G/20) NCAA Basketball: Pac 10 Wild Card Game
 - MOVIE: 'The Three Stooges Meet Hercules'
 - To Be Announced
 - Kojak
 - News/Sports/Weather
 - MOVIE: 'It Started In Naples'
 - (F/19) Are You Anybody?
 - (G/20) NCAA Basketball: Southwestern Louisiana at Marquette
 - (H/21) The Monroes
- 3:30
- (3) Pro Bowlers Tour
 - Back to the Stage Door Canteen
 - Crossfire
 - (E) MOVIE: 'The Jericho Mile'
 - (F/19) 'You' Mag. for Women
 - Kung Fu Theatre
 - News Update
 - MOVIE: 'The Taking of Pelham One, Two, Three'
 - (F/19) Sports Probe
 - (H/21) To Be Announced
 - (I) MOVIE: 'Modern Problems'
- 4:15
- Great Performances
 - Sports Saturday
- 4:30
- (F/19) Sports Look
 - Road to Los Angeles
 - (3) Wide World of Sports
 - (1) Entertainment This Week
 - Happy Days Again
 - News/Sports/Weather
 - (2) Lawrence Welk
 - Solid Gold
 - (F/19) NAIA Track & Field Meet
 - (G/20) ESPN SportsCenter
 - (H/21) To Be Announced
 - (E) Laverne & Shirley & Co.
 - (E) MOVIE: 'Never So Few'
- 5:00
- (I) MOVIE: 'Tape'

EVENING

- 6:00
- (2) CBS News
 - (1) Viewpoint
 - MOVIE: 'Godzilla on Monster Island'
 - Best of Midnight Specials
 - News Update
 - Three's Company
 - MOVIE: 'Viva Knievel'
 - (G/20) USFL Football: Chicago at Arizona
 - (H/21) NCAA Basketball: Southland Conference Championship
 - Ra Expeditions
 - Freeman Reports
- 6:15
- (3) News
- 6:30
- (1) NBC News
 - Alice
 - (2) Hee Haw
 - In Search of...
 - (3) Those Amazing Animals
 - (1) Solid Gold
 - Hollywood Closeup
 - Hardy Boys/ Nancy Drew
 - News/Sports/Weather
 - Memories with Lawrence Welk
 - (F/19) U.S. Alpine Skiing Championships
 - Dance Fever
 - Eye on L.A.
 - (2) Muppet Show
 - (2) Wizards and Warriors
 - (1) T.J. Hooker
 - (1) Different Strokes
 - NCAA Basketball: Arizona St. at UCLA
 - Letterman in Concert
 - MOVIE: 'Torture Chamber of Dr. Sadism'
 - Sports Tonight
 - MOVIE: 'Kings Go Forth'
 - MOVIE: 'Jenny'
 - (E) MOVIE: 'The Boys in Company C'
 - (F/19) Night Flight
 - (H/21) Rock Church
 - (I) MOVIE: 'On Golden Pond'
 - (1) Silver Spoons
 - Evans and Novak
 - (2) MOVIE: 'Jane Doe'
 - (1) Love Boat
 - (1) Mama's Family
 - Pearl and Friends: Centre Stage
 - News/Sports/Weather
 - (G/20) ESPN SportsCenter
 - (H/21) To Be Announced
 - (3) Teachers Only
 - Money Week
 - (G/20) NCAA Basketball: Big '10' Conference Wild Card Game
- 8:30
- (1) Fantasy Island
 - (1) Monitor (PREMIERE)
 - News
 - MOVIE: 'Random Harvest'
 - News Update
 - Solid Gold
 - (E) Screening Room
 - (H/21) To Be Announced
 - (I) On Location: An Evening Robin Williams
- 9:00
- People Now With Bill Tush
 - Health Beat
 - (H/21) Best of 700 Club
 - Sports Page
 - Evening at Pops
 - (1) ABC News
 - Entertainment This Week
 - Sports Update
 - MOVIE: 'Incident on a Dark Street'
- 10:00
- (1) Fantasy Island
 - (1) Monitor (PREMIERE)
 - News
 - MOVIE: 'Random Harvest'
 - News Update
 - Solid Gold
 - (E) Screening Room
 - (H/21) To Be Announced
 - (I) On Location: An Evening Robin Williams
- 10:15
- People Now With Bill Tush
 - Health Beat
 - (H/21) Best of 700 Club
 - Sports Page
 - Evening at Pops
 - (1) ABC News
 - Entertainment This Week
 - Sports Update
 - MOVIE: 'Incident on a Dark Street'
- 10:30
- (1) Fantasy Island
 - (1) Monitor (PREMIERE)
 - News
 - MOVIE: 'Random Harvest'
 - News Update
 - Solid Gold
 - (E) Screening Room
 - (H/21) To Be Announced
 - (I) On Location: An Evening Robin Williams
- 10:45
- People Now With Bill Tush
 - Health Beat
 - (H/21) Best of 700 Club
 - Sports Page
 - Evening at Pops
 - (1) ABC News
 - Entertainment This Week
 - Sports Update
 - MOVIE: 'Incident on a Dark Street'
- 11:00
- (1) Fantasy Island
 - (1) Monitor (PREMIERE)
 - News
 - MOVIE: 'Random Harvest'
 - News Update
 - Solid Gold
 - (E) Screening Room
 - (H/21) To Be Announced
 - (I) On Location: An Evening Robin Williams

Mustang Daily

Monday, March 7, 1983

- 11:15
- (2) MOVIE: 'Fun In Acapulco'
 - MOVIE: 'Brotherhood of the Bell'
 - (E) MOVIE: 'Confessions of a Driving Instructor'
 - (3) MOVIE: 'Secret Beyond the Door'
 - Barnaby Jones
 - (2) Saturday Night Live
 - ABC News
 - (G/20) ESPN SportsCenter
 - (I) MOVIE: 'Sharky's Machine'
- 11:30
- MOVIE: 'The Chairman'
 - American Playhouse
 - Laugh Trax
 - News/Sports/Weather
 - (F/19) Night Flight
 - (G/20) NCAA Basketball: Southwestern Louisiana at Marquette
 - (H/21) C'mon Along
 - Best of Midnight Specials
 - MOVIE: 'I Love You, Billy Beker'
 - (E) MOVIE: 'The Man Who Would Be King'
 - (H/21) Westbrook Hospital
- 12:45
- Sign Off
 - (1) Sign Off
 - MOVIE: 'Good Times'
 - News Update
 - World News
 - (H/21) Heritage Singers
 - (1) Sign Off
 - Freeman Reports
 - MOVIE: 'Beyond Belief'
 - (H/21) Ross Bagley
 - Sign Off
 - (I) MOVIE: 'Making Love'
 - MOVIE: 'A New Leaf'
 - W-5
 - Sports Review
 - (I) Movie Cont'd
 - (G/20) NCAA Basketball: 1983 ACC Tournament from Atlanta, GA - 2nd Best Semifinal Game
 - Money Week
 - (E) MOVIE: 'Endless Love'
 - MOVIE: 'Savage Drums'
 - News Update
 - (H/21) John Wesley White
 - Sports Week
 - Style With Elsa Klench
 - MOVIE: 'Cloak And Dagger'
 - Sign Off
 - (H/21) Best Hear
 - (I) MOVIE: 'On Golden Pond'
 - Today's Religion
 - News/Sports/Weather
 - (F/19) Sunday Cartoon Express
 - (G/20) Women's Golf
 - (H/21) Newsight '83
 - Newsmakers
 - Rat Patrol
 - Big Story
 - (G/20) McDon. Teen Sports-Scene
 - (H/21) Jewish Voice
 - (E) MOVIE: 'Only When I Laugh'

SUNDAY

3/13/83

MORNING

- 5:00
- Interface
 - I Spy
 - Festival of Faith
 - News/Sports/Weather
 - (G/20) ESPN SportsCenter
 - (H/21) Zola Levitt
 - For Our Times
 - Campus Profile
 - Crossfire
 - (H/21) Lesson
 - Christopher Close-Up
 - Brain Games
 - Captain Kangaroo
 - Music and the Spoken Word
 - Dimensions
 - Youth and the Issue
 - News/Sports/Weather
 - CNN 2
 - (2) Sunday Morning
 - Romper Room
 - (G/20) Future Sport
 - (H/21) Kenneth Copeland
 - (1) Voice of Agriculture
 - (1) Children's Gospel Hour
 - Robert Schuller
 - Oceanus
 - Understanding Human Behav.
 - Evans and Novak
 - Speak Out
 - (G/20) NCAA Basketball: 1983 ACC Tournament from Atlanta, GA - Best Semifinal Game
 - (I) MOVIE: 'Ragtime'
 - Today's Religion
 - (3) Kenneth Copeland
 - (1) Viewpoint
 - Little Rascals
 - People 7
 - Yoga For Health
 - Ken Copeland
 - News Update
 - Day of Discovery
 - Cartoon Carnival
 - (E) Bighorn
 - (H/21) Let God Love You
 - Cooking/Kerr
 - Sunday Morning
 - (1) Insight
 - Joy of Gardening
 - Mr. Rogers' Neighborhood
 - Newmaker Sunday
 - Jimmy Swaggart
 - (2) Old Time Gospel
 - (H/21) Larry Jones Ministry
 - (3) (H/21) Jimmy Swaggart
 - CNN Headline News
 - Popeye and Friends
 - Best of AM Los Angeles
 - Sesame Street
 - Lloyd John Ogilvie
 - News Update
 - Sunday Morning Funnies with Tom & Jerry
 - (E) MOVIE: 'The American Success Company'
 - (F/19) Southwest Championship Wrestling
 - Health Week
 - (1) World Tomorrow
 - Meeting Time at Calvary
 - Sports Weekend Review
 - Ever Increasing Faith
 - (2) This Is Your Bible
 - (G/20) Fishin' Hole: Salmon
 - (2) NCAA Basketball:

- Metro Conference Championship
- (3) Day of Discovery
 - (1) Oral Roberts and You
 - Directions
 - Sesame Street
 - News/Sports/Weather
 - (F/19) Scholastic Sports Acad.
 - (G/20) Gymnastics: USGF Single Elimination Championship
 - (H/21) Dr. James Kennedy Religion
 - (I) MOVIE: 'Charlots of Fire'
 - (3) Robert Schuller
 - (1) Meet The Press
 - This Week with David Brinkley
 - Day of Discovery
 - Crossfire
 - World Tomorrow
 - (E) MOVIE: 'The Beasts Are On the Street'
 - (F/19) Greatest Sports Legends
 - (3) Lahayes on Family Life
 - (1) NCAA Basketball: Atlantic Coast Conference Championship
 - MOVIE: 'The Three Stooges Meet Hercules'
 - Lawmakers
 - Herald of Truth
 - News/Sports/Weather
 - Pre-Game Show
 - Sunday Morning Funnies with the Pink Panther
 - (F/19) MOVIE: 'Law and Disorder'
 - (G/20) Auto Racing '83: NASCAR Warner Hodgdon Carolina 500 from Rockingham, NC
 - (H/21) Sing out America
 - (3) USFL Football: Teams to be Announced
 - Open Mind
 - Robert Schuller from the Crystal Cathedral
 - Money Week
 - Pre-Season Baseball: Los Angeles vs. Houston
 - (2) NCAA Basketball: Teams to be Announced
 - Masterpiece Theatre
 - News Update
 - MOVIE: 'It Started In Naples'
 - (H/21) Beyond the Horizon
 - Sports Week
 - Terry Cole Whittaker
 - Style With Elsa Klench
 - (E) MOVIE: 'Guys and Dolls'
 - (I) Fraggle Rock

AFTERNOON

- 12:00
- (1) Bay Hill Classic
 - Three Stooges
 - Man of Letters
 - Search
 - News Update
 - (F/19) Ovation
 - (I) MOVIE: 'Adventures of the Wilderness Family'
 - Media Watch
 - (2) Wild World of Animals
 - Big Story
- 1:00
- (2) CBS Sports Sunday
 - Monsters
 - Frontline
 - Hee Haw
 - News Update
 - Adam-12
 - (G/20) NCAA Division II Wrestling Championship from North Dakota State University
 - (H/21) Wagon Train
 - Health Week
 - F-Troop
 - Evans and Novak
 - Hogan's Heroes
 - Adam-12
 - (3) Wide World of Sports
 - (1) SportsWorld
 - Gilligan's Island
 - American Interests
 - MOVIE: 'Four Rode Out'
 - News/Sports/Weather
 - MOVIE: 'Unfaithfully Yours'
 - MOVIE: 'Denver and the Rio Grande'
 - (E) MOVIE: 'The American Success Company'
 - (F/19) Are You Anybody?
 - (H/21) Roy Rogers
 - (I) MOVIE: 'Ragtime'
 - Gilligan's Island
 - Preents
 - Newmaker Sunday
 - (F/19) Co-Ed
 - (3) This Week with David Brinkley
 - (3) Special Treat: Hot Hero Sandwich
 - MOVIE: 'Tarzan, The Ape Man'
 - Greatest Sports Legends
 - Congressional Report
 - News/Sports/Weather
 - (F/19) Brideshead Revisited
 - (H/21) Travelers World
- 3:30
- Interface
 - Wall Street Journal
 - Inside Washington
 - Inside Business
 - (E) MOVIE: 'Clash of the Titans'
 - (G/20) ESPN SportsCenter
 - (H/21) American Trail
 - Newsmakers
 - (3) It's Your Business
 - (1) MOVIE: 'Yesterday's Child'
 - At the Movies
 - Glory of the Garden
 - MOVIE: 'Torture Chamber of Dr. Sadism'
 - News Update
 - MOVIE: 'The Taking of Pelham One, Two, Three'
 - MOVIE: 'Spencer's Mountain'
 - (F/19) 'You' Mag. for Women
 - (H/21) Flying House
 - Sports Sunday
 - (G/20) NBA Tonight
 - Face the Nation
 - (1) Father Manning
 - Hollywood Closeup
 - (2) Joy of Gardening
 - (F/19) Sports Probe
 - (G/20) NBA Basketball: Washington at Philadelphia
 - (H/21) Swiss Family Robinson
 - (I) MOVIE: 'Paternity'
- 4:45
- (I) MOVIE: 'Paternity'

SUNDAY CONT.

5:00 Lorne Green's Wilderness
 (3) Forum
 Happy Days Again
 News
 World of Dark Crystal
 News/Sports/Weather
 (12) Directions
 (F/19) MISL Soccer: Phoenix at Baltimore
 (H/21) Sahara

5:30 CBS News
 (3) ABC News
 (1) At the Movies
 Laverne & Shirley & Co.
 (12) Muppet Show
 (E) MOVIE: 'Moscow Does Not Believe in Tears'

EVENING

6:00 News
 (3) Get Smart
 (1) Jack Anderson Confidential
 MOVIE: 'King Kong vs. Godzilla'
 People's Court
 All Creatures Great and Small
 Those Amazing Animals
 MOVIE: 'Son of Lasse'
 (12) CBS News
 MOVIE: 'Count of Monte Cristo'
 (H/21) In Touch

6:15 Freeman Reports
 6:30 (1) Wild Kingdom
 (1) NBC News
 At the Movies
 (12) Alice
 (1) Standing Room Only: Olivia Newton-John in Concert

7:00 (12) 60 Minutes
 (3) Search
 (1) Voyagers
 National Geographic Special
 Madame's Place
 News/Sports/Weather
 (G/20) NCAA Basketball: 1983 ACC Tournament from Atlanta, GA - Final
 (H/21) Changed Lives
 (F/19) Ovation
 (H/21) John Ankerberg

8:00 (12) Archie Bunker's Place
 (3) Matt Houston
 (1) CHiPs
 Entertainment This Week
 Life on Earth
 It is Written
 Sports
 MOVIE: 'The Taking of Pelham One, Two, Three'
 MOVIE: 'Montezuma's Lost Gold'
 (E) MOVIE: 'Guys and Dolls'
 (H/21) The King is Coming
 (1) MOVIE: 'Superman II'

8:30 (12) Gloria
 World Tomorrow
 Inside Business
 (H/21) Contact

9:00 (12) Jeffersons
 (3) MOVIE: 'China Syndrome'
 (1) MOVIE: 'Night Kill'
 Week in Review
 Masterpiece Theatre
 Peter Popoff
 News/Sports/Weather
 (G/20) USFL Football: Chicago at Arizona
 (H/21) Larry Jones Ministry

9:30 (12) Newhart
 Jack Van Impe
 Style With Elsa Klensch
 (F/19) NHL Arm Wrestling
 (H/21) Lahayes on Family Life

10:00 (12) Trapper John, M.D.
 News
 World Vision Sunday Series
 News Update
 World News
 (H/21) Zola Levitt

10:15 People Now With Bill Tush
 (1) MOVIE: 'Charlote of Fire'
 10:30 Robert Schuller
 Jimmy Swaggart
 (E) MOVIE: 'Alex in Wonderland'
 (F/19) U.S. Alpine Skiing Championships
 (H/21) Jewish Voice

10:45 Sports Page
 11:00 (1) News
 Wild Kingdom
 Barry Farber
 Sports Update
 Jerry Falwell
 (12) CBS News
 (H/21) Special

11:15 CBS News
 (12) MOVIE: 'G.I. Blues'
 Sports Final
 (1) ABC News
 (1) Larry King Talk Show
 Facetters

Classified

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News
 Sneak Preview
 Money Week
 Children Caught in the Crossfire
 (F/19) MISL Soccer: Phoenix at Baltimore

11:45 MOVIE: 'The Gambler'
 (3) MOVIE: 'The Longest Hunt'

12:00 700 Club
 ABC News
 Tony Brown's Journal
 Maverick
 News/Sports/Weather
 Larry King Talk Show
 (G/20) ESPN SportsCenter
 (H/21) Sign Off

12:15 MOVIE: 'Rabbit Run'
 12:30 (1) Sign Off
 (E) MOVIE: 'Mandingo'
 (1) MOVIE: 'Neighbors'

1:00 (1) Sign Off
 (1) Sign Off
 Festival of Faith
 News Update
 (G/20) NCAA Basketball: 1983 ACC Tournament from Atlanta, GA - Final

1:15 (1) Sign Off
 Media Watch
 Big Story

1:30 Sign Off
 1:45 Sign Off

2:00 CBS News Nightwatch
 Sports Review
 (F/19) MOVIE: 'Law and Disorder'
 (G/20) Prog cont'd

2:15 Sign Off
 (1) Standing Room Only: Olivia Newton-John in Concert

2:30 Inside Business
 (E) MOVIE: 'Moscow Does Not Believe in Tears'
 (H/21) Another Life

3:00 Daybreak
 (G/20) Business Times on ESPN
 (H/21) Romper Room

3:30 (H/21) Jimmy Swaggart
 (1) MOVIE: 'Ragtime'

4:00 (F/19) Alive & Well
 (G/20) Business Times on ESPN
 (H/21) MOVIE: 'Tornado'

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Intramurals information

Don't let those end of the quarter blues get you down. Unwind and come by the Recreational Sports office located across from the El Corral Bookstore in UU 104 and check out some of the many activities we offer to take the strain out of that hustle and bustle drain.

Spring quarter has lots to offer so make sure you call 546-1366 or stop by the office for more details on these upcoming activities: Golf ... Track ... Softball ... water polo ... table tennis ... archery ... and more!!!

INDOOR SOCCER-PLAYOFFS ... will be held Friday, March 11 and Sunday, March 13. This is an exciting fast moving game requiring skill and speed. The Indoor Soccer games are played in the tennis courts north of the Business and Education building. Why not take a break and come and cheer on your favorite team.

BASKETBALL PLAYOFFS ... will be held this Wednesday and Thursday, March 9 and 10 for men's, women's, fraternity, sorority and residence halls in the Main Gym. Don't miss these hot playoffs to show what teams really are the champs.

We would like to thank all the sports officials who worked so hard this quarter. A special thanks goes to these folks who have been chosen officials of the quarter:

SOCCER: Tom Babiasz and Kevin Spinks

BASKETBALL: Clarence Martin and Bobby Carl

VOLLEYBALL: Jim Arao and Randy Dirlam

UPI/AP POLL FOR SOCCER

1. Foul Play
2. Ye Olde Varsity
3. Outlaws
4. Globe United
5. SLO United
6. Beginners Luck
7. Dynamos
8. Guzzlers
9. Artesians
10. Tight Spots

Men's Doubles

E & L
 D & W
 VVC
 Nuclear Boys
 The Masons

Co-Rec Doubles

Kim 'N' Joe
 Dynamics
 Hoovers

Women's Doubles

Dynamic Duo
 A Team
 SOS

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Have a great Spring break and we hope to see you all again next quarter. RECREATIONAL SPORTS ... for the fun of it!



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Sports

Women have two NCAA qualifiers

Tracksters don record finery in 'America's Finest City'

This team is not awesome. The Cal Poly women's track team is more than awesome. And, if there is such a word which describes "more than awesome," it fits here.

Saturday at the Aztec Invitational at San Diego State, head coach Lance Harter's squad just had a great ol' time. Three school records and two Division I national qualifying times were recorded at "America's Finest City."

Freshman sensation Lesley White continued her torrid long distance pace as she placed second in the 5,000 meters in a school record-Division I national qualifying time of 16:35.40. She broke Carol Gleason's school record 16:39.5 set last season.

Marilyn Nichols was third in 16:40.00.

School records were also set by the distance medley relay and 800-meter relay teams. The distance medley squad of Allison Ehlen (880), Kris Allyne (440), Jill Ellingson (1320) and Amy Harper (mile) dropped 15 seconds off the old school standard with an 11:23.71 clocking. The 800 relay team of Tamela Holland, Debbie Jackson, Janet Yarbrough and Arlene Van Warmerdam blistered the oval in 1:36.89, which equates to each runner having a 24.22 split. The old mark was 1:38.34 set last year.

Yarbrough was timed in 13.82 in the 100 hurdles and Cece Chandler 14.71 good for second- and third-place, respectively. The

400 relay team consisting of the same 800-relay members, stopped the watches in 46.00. Harper took second in the 1,500 in 4:25.03. Chris Dubois ran a 62.99 400 hurdle. Sue McNeal went 5-10 in the high jump. Danella Barnes was second in the javelin with a Division I qualifying throw of 169-4. Holland clocked an 11.98 100, Dana Henderson went 43-6½ in the shot put, and Shari Ewing lowered her season 800 time to 2:16.4.

Harper, McNeal and Yarbrough will compete in the Division I National Indoor Championships at the Silverdome in Pontiac, Mich., Friday and Saturday. Harper will be in the two-mile, McNeal in the high jump and Yarbrough in the 100 hurdles.

Senior ends court career dunking Univ. of San Diego

Cal Poly women's basketball player Carolyn Crandall went out a winner Friday and Saturday. The lone senior on the team finished her four-year

Mustang career Friday evening in the Main Gym as the hosts defeated the University of San Diego,

57-39. Crandall led the Mustangs with 14 points and 10 rebounds. They finished the 1982-83 year at 8-20. Crandall completed her career with four school records and 979 points, second on the list. She was aided against USD by Kathy Ferguson and Terrie MacDonald, who had 12

points each and freshman Michelle Harmeier, who collected eight points and nine rebounds.

Saturday at Cal State Northridge, Crandall was a unanimous second-team all-California Collegiate Athletic Association (CCAA) selection. She finished the year with a 14.2 scoring average (16.2 in league) and 209 rebounds overall (7.4), with a 7.3 mark in the CCAA. She finished the season with 399 points.

Chapman backhands men's tennis team

Saturday afternoon at Chapman College, the men's tennis team dropped a tough 5-4 CCAA affair. The loss put the Mustangs at 6-4 on the year, 2-1 in the league. The day before Poly whipped UC-Riverside, 9-0. It started the road trip losing to Division I Long Beach State, 5-2, the final two matches cancelled because of rain.

The six singles matches were split against Chapman. Mustang winners were No. 1 Randy Havens, winning 7-6 in the third set; No. 4 Tyler Corse winning in three sets; and No. 6 Thor Holt winning in straight sets. Havens is 9-1 on the year and Holt 8-1. No. 2 Brian Bass lost in three sets as did No. 3

David Reynoldson, who lost 7-6 in the third.

In the doubles portion, head coach Hugh Bream's Nos. 2 and 3 squads entered with a 14-2 combined records. Bream expected a win. But, he didn't get it. Both teams, Reynoldson-Andrew Weber and Corse-Rob Pritzkow lost while the top team of Bass-Havens won.

The men are home for their next seven matches, beginning Wednesday when Swathmore College of Pennsylvania comes to town. Friday and Saturday the Mustangs host CCAA teams Cal State Los Angeles and Cal Poly Pomona.

Gymnasts get ready for NCAA regionals

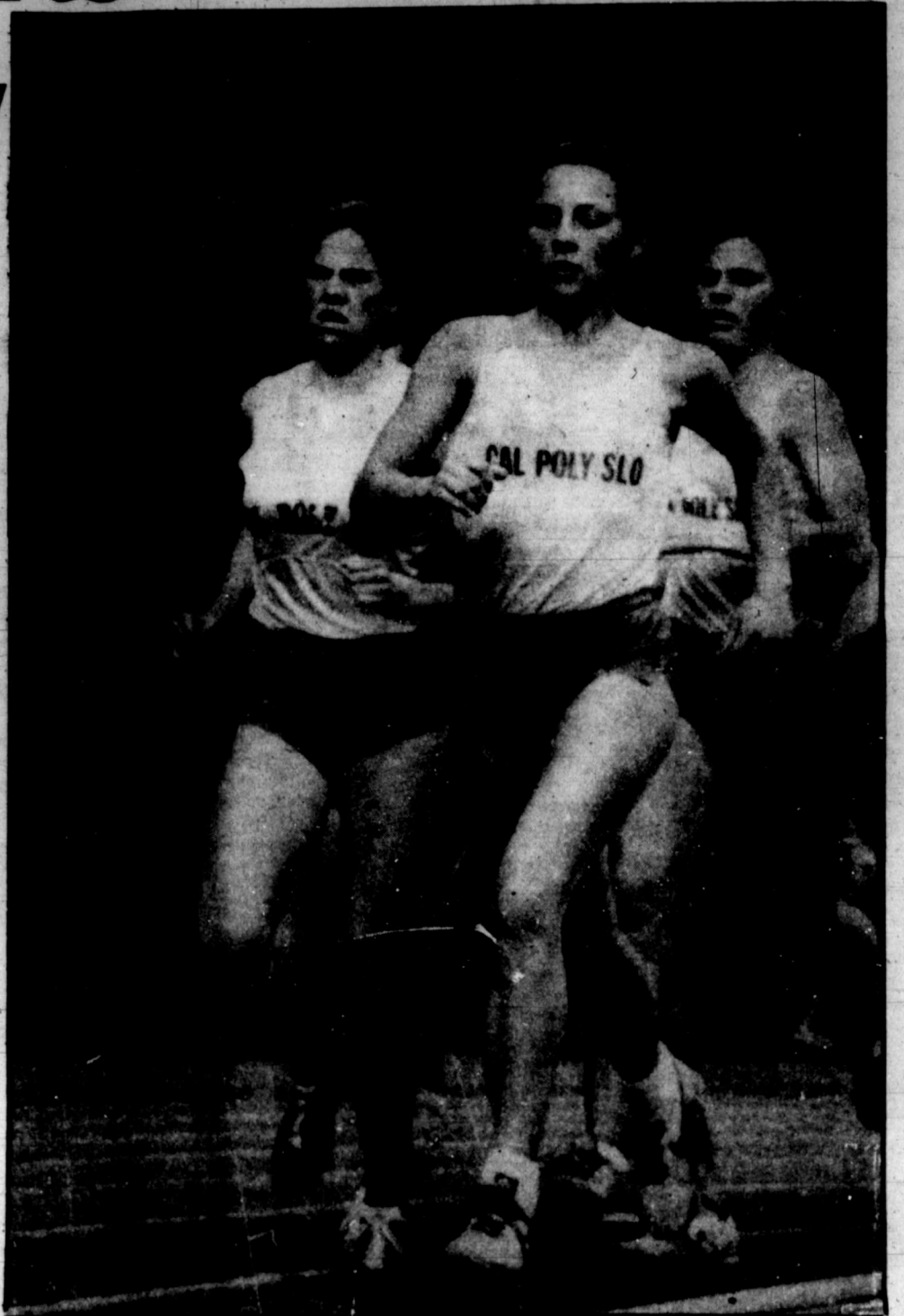
After completing its regular-season portion of the schedule, the women's gymnastics team awaits a phone call today informing them whether they will compete as a team at this weekend's NCAA Division II Western Regionals at Chico State. If the Mustangs finished in the top-six in the region as a team, all members will go to Chico. If the Mustangs don't make it as a team, then the top six individuals not going as a part of a

team, make it to regionals.

Friday and Saturday Poly participated in the UC-Santa Barbara Invitational. After Friday's preliminary rounds, three gymnasts—Pam Dickie, Laurie Tucker and Susan King—made it to Saturday's finals. Tucker and Dickie competed on the balance beam and King on the uneven parallel bars. Tucker finished in a tie for second and Dickie was fifth. King placed in a tie for seventh.



Arlene Van Warmerdam churns the 800 relay team to a school record win at the Aztec Invitational.



Mustang Daily - Mike Mathison

Freshman Lesley White controls the pace (center) in the 5,000 meters at the Aztec Invitational in San Diego eventually winning in school record and Division I qualifying time. Another freshman, Robyn Dubach (left), is not far behind.

Men's loss becomes a lot of hamburger

The epitome of the Cal Poly men's basketball season was in Thursday night's finale with Cal State Bakersfield. There was a promotional package in Bakersfield that if the Roadrunners hold their opponents below 50 points, every person in the arena will get a free hamburger. But, it's not just an ordinary hamburger, it's a hot-n-juicy one from Wendy's.

With two-minutes remaining in the contest, Mike Saia hit a jumper to give the Mustangs 49 points. At this point, the game was never in doubt as the hosts held a 10-point lead. What was in doubt

was the hamburgers. The majority of the 2,203 fans in attendance proceeded to stand and applaud the 'Runners the final 60 seconds because the Mustangs hadn't scored since Saia's jumper. The fans wanted some defense for a little free food. They got it, too, as the Mustangs could not score again, losing 64-49. Poly finished 18-10, 8-6 in the CCAA, good for fourth place.

Alex Lambertson finished his Mustang career with 18 points, the only Poly player in double figures. He also tied Jim Van Winden for team-high rebound honor with four.

Mother Nature washes baggers, netters out

You'll have to excuse head baseball coach Berdy Harr if he gathers his Mustangs and personally moves them to Seattle. Yes, it rains more up there than it has been here lately, but Seattle has a huge indoor baseball stadium. And, despite all the wet weather, Harr and the Mustangs will at least be able to play a few games. Four more games were cancelled or postponed, bringing the 1983 number to 15. The Mustangs are still 1-3 this season, their last

game being on February 22. Cal Poly will try to get another one in Tuesday at Fresno State.

The women's tennis team lost two to the rain—the big one being Saturday when CCAA member Cal State Northridge travelled to San Luis Obispo for a match never played. A make-up date has not been determined. The women are 5-1 overall, 3-1 in league and play this weekend in a tournament in Sacramento.